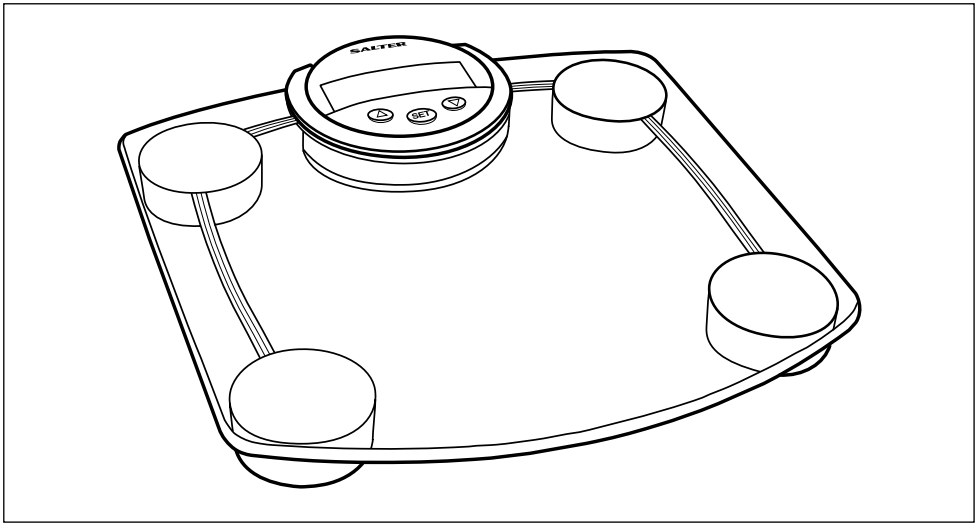
SALTER

Body Fat Computer

please read this instruction manual before
using the product for the first time



BROCHURE SUR LES GRAISSES DU CORPS HUMAIN
Mode d'emploi

KÖRPERFETT-INFOBLATT
Bedienungsanleitung

FOLLETO SOBRE LA GRASA CORPORAL
Instrucciones de Empleo

FOGLIETTO ILLUSTRATIVO SUL GRASSO CORPOREO
Istruzioni per l'uso

PROSPECTO SOBRE GORDURA CORPORAL
Instruções de Utilização

LICHAAMSVETFOLDER
Gebruiksaanwijzing

KROPPSFETTBROSJYRE
Bruksanvisning

This product is not a medical device. It is intended for home use only.

The Salter Body Fat Computer is calibrated for adult use (age 18+ years).

It is not suitable for use during pregnancy, for athletes undertaking more than 10 hours of intensive training a week, or for children.

BODY FAT - WHAT DOES IT MEAN

The human body is made up of, amongst other things, a percentage of fat. This is vital for a healthy functioning body – it cushions joints and protects vital organs, helps regulate body temperature, stores vitamins and helps the body sustain itself when food is scarce. However, too much body fat or indeed too little body fat can be damaging to your health.

Hence the need to be able to calculate and monitor body fat percentage.

HOW DOES THE BODY FAT COMPUTER SCALE WORK?

The body fat percentage is calculated by means of a bio-algorithm, based on scientific research from clinical studies. The users age, sex, weight and height are processed using the bio-algorithm to calculate the body fat percentage and relative category ('low', 'normal', 'high' or 'very high').

Unlike a Body Fat Analyser, which sends an electrical current through the body (BIA method), this product is safe to use if you have a pacemaker or similar device fitted.

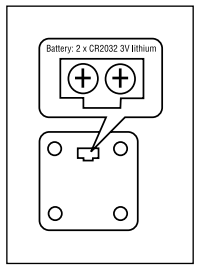
ADVICE FOR USE AND CARE

- Weigh yourself at the same time of day, before meals and without clothing or footwear. First thing in the morning is a good time.
- Placing your scale on a hard even floor will ensure the greatest accuracy and repeatability.
- For use on carpet, attach enclosed extension feet.
- Clean your scale with a damp cloth. Do not use chemical cleaning agents.
- Do not allow your scale to become saturated with water as this can damage the electronics.
- Treat you scale with care – it is a precision instrument. Do not drop it or jump on it.

TECHNICAL SPECIFICATION

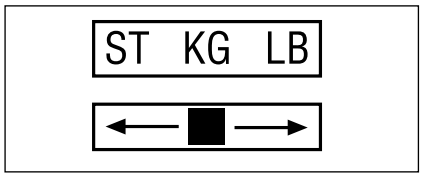
Weight range:	150kg x 100g 23st 8lb x 1/4lb 330lb x 0.2lb	Body fat range:	To 99.9% x 0.1%
		Age range:	7 – 99 yrs
		User Memory:	5 plus 1 'guest' memory
Height range:	100cm – 220cm x 1cm 3' 3.5" – 7' 2.5" x 0.5"	Batteries:	2 x CR2032 lithium batteries

BATTERY



Remove isolating tab. Ensure +/- terminals are correct way round.

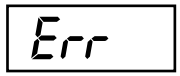
WEIGHT MODE



NB - If scale is set to KG mode, height will be displayed in cm. If set to ST or LB mode, height will be displayed in feet and inches.

WARNING INDICATORS

Replace battery.



Weight exceeds the maximum capacity.

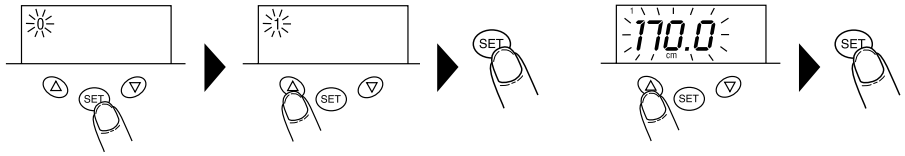
PERSONAL DATA ENTRY

The Salter Body Fat Computer has 6 memories. Memories '1 – 5' are for regular users. Personal data in these memories will be stored for repeat use.

Memory '0' is for use by a guest. Personal data in this memory will not be stored for future use – it must be programmed each time it is used.

SETTING A PERMANENT MEMORY (1-5)

Before entering your personal data you will need to select a memory number to which your personal data will be saved. You will then enter your height, age and gender:



a) Press the SET key. The display will come on. You will see a small '0' flashing at the top left of the display.

b) Use the ▲ or ▼ key to select memory 1-5 to which your personal data will be saved. When complete press the SET key to confirm.

c) The current default height will be displayed flashing. Use the ▲ or ▼ key to input your height. When complete press the SET key to confirm.

Tip - when adjusting age or height you can increase the rate at which the value displayed changes by pressing and holding the ▲ or ▼ key down.

d) The current default age will be displayed flashing. Use the ▲ or ▼ key to input your age. When complete press the SET key to confirm.

e) The current default gender will be displayed flashing. Use the ▲ or ▼ key to input your gender. When complete press the SET key to confirm.

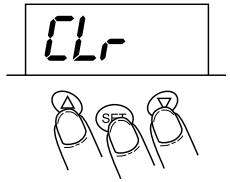
f) The height, age and gender you have set will be displayed briefly. The display will then flash '0.0' before displaying '0.0'.

g) The memory is now set. Allow the scale to switch off.

h) If required repeat procedure for other users.

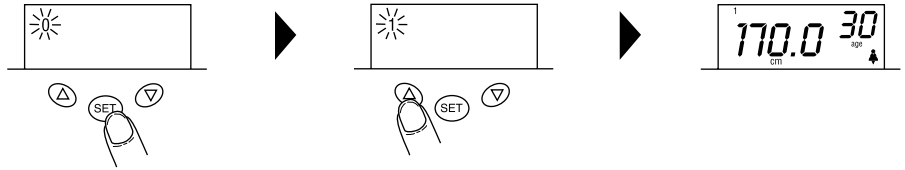
NB - to update or overwrite the memorised settings, follow the same procedure, making changes as required.

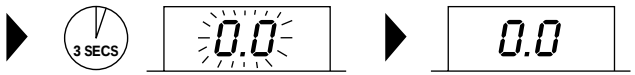
NB - if the batteries are removed for replacement the memory settings will **NOT** be lost.



NB - to clear all the memories press ▲, ▼ and SET at the same time. The message 'CLr' will be displayed.

WEIGHT AND BODY FAT READINGS - PERMANENT MEMORY (1-5)





a) Press the SET key once. The display will come on. You will see a small '0' flashing at the top left of the display.

b) Use the ▲ or ▼ key to select the memory (1-5) that your personal data has been saved to.

c) The height, age and gender you have set will be displayed briefly. Wait 3 seconds. The display will then flash '0.0' before displaying '0.0'. The Body Fat Computer is ready.

d) Step on to the scale. Stand still and upright with your feet evenly spaced within the platform area and your weight evenly distributed between your feet.

e) Wait 3 seconds and your weight will be displayed. Wait a further 2 seconds and your calculated body fat percentage will be displayed.

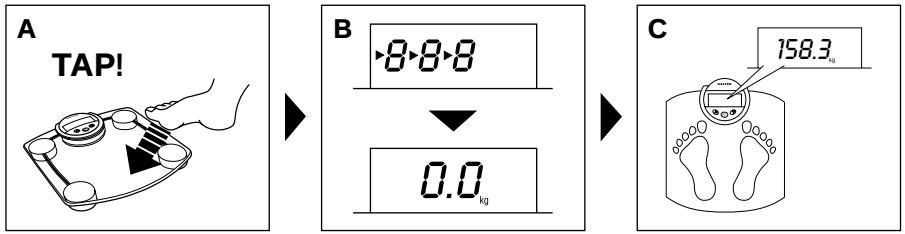
f) Your weight and calculated body fat percentage will be displayed for 20 seconds, before switching off.

WEIGHT AND BODY FAT READINGS - USING 'GUEST' MEMORY (0)

Memory '0' is for use by a guest. Personal data in this memory will not be stored for future use - it must be programmed each time it is used. The procedure for setting the data is as per setting data for permanent memories 1-5.

BUT you must step on to the scale within 8 seconds of '0.0' being displayed or the computer will switch off and your personal data will be lost.

WEIGHT READING ONLY



a) Vibration activates your scale.

b) Wait.

c) Stand very still.

BODY FAT PERCENTAGE TABLES

MALE				
AGE	low	normal	high	very high
20-24	<9	9 - 18	18 - 24	>24
25-29	<10	10 - 19	19 - 25	>25
30-34	<11	11 - 20	20 - 26	>26
35-39	<12	12 - 21	21 - 27	>27
40-44	<13	13 - 22	22 - 28	>28
45-49	<14	14 - 23	23 - 29	>29
50-54	<15	15 - 24	24 - 30	>30
55-59	<16	16 - 25	25 - 31	>31
>60	<17	17 - 27	27 - 33	>33

FEMALE				
AGE	low	normal	high	very high
20-24	<20	20 - 29	29 - 36	>36
25-29	<21	21 - 30	30 - 37	>37
30-34	<22	22 - 31	31 - 38	>38
35-39	<23	23 - 32	32 - 39	>39
40-44	<24	24 - 33	33 - 40	>40
45-49	<25	25 - 34	34 - 41	>41
50-54	<26	26 - 35	35 - 42	>42
55-59	<27	27 - 36	36 - 43	>43
>60	<28	28 - 38	38 - 45	>45

QUESTIONS AND ANSWERS

If I measure my body fat at different times during the day, it can vary quite considerably.

For best results, weigh yourself at the same time each day, before meals and without clothing or footwear. First thing in the morning is a good time.

What is the difference between the Body Fat Computer Scale and a Body Fat Analyser?

The Body Fat Computer Scale calculates body fat percentage by means of a bio-algorithm. The users age, sex, weight and height are processed using the bio-algorithm to calculate the body fat percentage and relative category ('low', 'normal', 'high' or 'very high'). The Body Fat Computer Scale is completely non-invasive, and is therefore suitable for use with a pacemaker.

A Body Fat Analyser uses a measurement method known as Bioelectrical Impedance Analysis (BIA). A minute current is sent through your body and is used to measure your body's impedance (i.e. its' resistance to the current). From this, the quantity of fat can then be estimated. Since an electrical current is passed through your body, a Body Fat Analyser should not be used by anyone with an internal electronic medical device, such as a pacemaker, as a precaution against disruption to that device.

How do I interpret my body fat percentage reading?

Please refer to the Body fat Tables included with the product. They will guide you as to whether your body fat reading falls into a low, normal, high or very high category (relative to your age and sex).

NB - Body fat ranges do vary according to race or ethnic group. The bio-algorithm and body fat tables for this product are based on clinical studies of Caucasians.

What should I do if my reading is 'high' or 'very high'?

A sensible diet and exercise program can reduce your body fat percentage. Professional medical guidance should always be sought before embarking on such a program.

Why are the body fat percentage ranges for men and women so different?

Women naturally carry a higher percentage of fat than men, because the make-up of the body is different being geared towards pregnancy, breastfeeding etc.

Why should I avoid using the Body Fat Computer Scale whilst pregnant?

During pregnancy a woman's body composition changes considerably in order to support the developing child. For this reason it is recommended that during pregnancy use of this product is limited to weight-only readings.

Why is the Body Fat Computer Scale unsuitable for athletes and children?

The body composition of both athletes and children require different bio-algorithms for the body fat calculation.

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SALTER HOUSEWARES
211 Vale Road, Tonbridge, Kent, TN9 1SU. England